

**DEVICE FOR ATTACHING AN ELASTIC MEMBER  
TO EXERCISE APPARATUS**

**Abstract of the Disclosure**

A spring anchor for a spring biased exercise device has an hourglass shaped solid body adapted to receive one closed loop end of a coil spring therearound. The solid body has a central axial bore therethrough, a maximum outer diameter and a waist having a diameter less than the outer diameter. A flexible disc is fastened transversely to a top portion of the body. The disc has an outer diameter greater than the outer diameter of the solid body so that it extends beyond the outer diameter of the body. A cap member fastens the flexible disc between the top of the solid body and a cap portion of the cap member. The cap member in turn fastens the anchor to a flat surface of the exercise device. The spring anchor outer diameter is sized to fit within a closed loop at one end of the coil spring. The flexible disc is sized larger than the closed loop, so that the flexible disc must elastically deform to permit the eye to pass over the disc and onto the spring anchor. The flexible disc prevents inadvertent slippage of the closed loop of the spring off of the anchor.